

# THE 50+ Connection

NEWS and EVENTS from the  
Howard County Office on Aging and Independence

Department of Community Resources and Services

Volume 7, No. 10 • October 2017

## Howard County's 50+EXPO 2017 Focus: Preparedness, Information and Education

**P**reparedness, Information and Education and how these concepts relate to successful aging is the focus of Howard County's 19th annual 50+EXPO on Friday, October 20, from 9 a.m. to 4 p.m. at Wilde Lake High School in Columbia. Coordinated by the Office on Aging and Independence (OAI), the 50+EXPO features more than 160 vendors and exhibitors geared to the needs and interests of older adults, but also has plenty to offer families, caregivers, health care providers and professionals. It is never too soon to plan for the future.

To carry out this year's theme, OAI has partnered with the Howard County Department of Fire and Rescue Services (HCFRS) to present *Fire, Fall and Life Safety for Aging Adults* in the Guidance Room. Part of HCFRS' *Remembering When* initiative, the program includes tips on how to maintain working smoke alarms in the home, fall safety and prevention, hands-only CPR, bleeding control, and other fire safety information. Attendees can also sign up for a FREE home safety visit with a Risk Reduction Educator.

AARP Maryland is back for a third year as an event sponsor and will offer a Driver Safety seminar and a HomeFit workshop for those who want to safely age in place. To register in advance for these programs, email [jholz@aarp.org](mailto:jholz@aarp.org). Last but not least, don't miss AARP's special documentary screening of PBS' *American Masters – James Beard: America's First Foodie* in the Jim Rouse Theatre (JRT) at 1 p.m., then learn how to make quick, healthy meals from a local farm-to-table restaurant.

At 2:30 p.m. in the JRT, the Horizon Foundation, a 2017 sponsor, will present *Speak(easy) Howard – Have You Had the Conversation?* to stress the importance of talking with loved ones

about end-of-life health care wishes. While 90 percent of people say it is important to talk about these issues, only 27 percent have done so. Join us to learn how to start these tough conversations.

For a truly unique experience at the 50+EXPO, consider taking the Virtual Dementia Tour® (VDT), offered from 9 a.m. to 3 p.m. in Room #222. The VDT is a multi-sensory experience which simulates what it's like to live with dementia. Sign up for a time slot when you arrive at EXPO; presented by Emily Leclercq, Resource Specialist, Howard County Office on Aging and Independence. For more information, see the article on the VDT on page 19.

In addition, a series of free seminars will continue the Preparedness, Information and Education theme. Located on the second floor, all seminars are offered on a space-available basis. Featured topics include:

### Avoiding Cyber Crooks and Other Scammers

11:00 to 11:50 a.m. • Room #220

Learn the latest tips and information which can help you avoid becoming a victim of a scam; presented by Rebecca Bowman, Administrator, Howard County Office of Consumer Protection.

### Relationships in Grandparenting

11:00 to 11:50 a.m. • Room #238

Learn the latest approaches to modern day grandparenting to make your experience a positive one; presented by Marva Dickerson, Retired Child Health Supervisor, Howard County Health Department, and Valerie Harvey, Adolescent Resource Specialist/Grandparents as Parents, Howard County Office of Children and Families.

### Managing Caregiver Stress

12 noon to 12:50 p.m. • Room #237

There's no doubt that caregiving and making decisions for your loved one can lead to stress. Explore self-care techniques and communication skills to manage your stress before it manages you; presented by Kathy Wehr, Caregiver Support Program Manager, Howard County Office on Aging and Independence.

*Continued on page 19*

## IMPORTANT REMINDERS FOR 50+EXPO 2017

All parking is at the Mall in Columbia, lower level by Sears. A \$1 admission fee will be collected as you board the shuttle bus (or pay at the door). Also, Capitol Steps attendees are asked to make a \$5 donation at the ticket booth. All proceeds benefit the Vivian Reid Community Fund, which provides emergency assistance to older adults and adults with disabilities in Howard County whose needs are not covered by Medicare or other programs. Your generosity is greatly appreciated.

# A Better Password = Greater Online Safety

By Rebecca Bowman, Administrator,  
Howard County Office of Consumer Protection

The National Institute of Standards and Technology recently revised its guidelines on creating effective passwords. By following these guidelines, you can create easier to remember passwords that are also more difficult for hackers to break.

- Make passwords long, simple and memorable. Hackers use sophisticated software that can run millions of combinations of letters and symbols in a short time. Longer passwords (20 characters or more) are much harder to hack.
- Use a sentence or phrase that you can easily remember. For example, "My Aunt Sylvia has loved me since I was a child." Or, turn an easy to remember sentence or phrase into an acronym. For example, "My Aunt Sylvia has loved me since I was a child" would become "MASHlmsIwac."
- Numbers, capital letters or special characters aren't necessary but can also be used. For example, "I learned to read when I was 3!"
- If you can easily visualize your password while others cannot, it's a good password. Once you have a good password, you don't have to change it as frequently.
- Change your password if you are notified by a website, employer, creditor or government agency that its security has been breached. But before you do, verify that the notice is authentic.

## Additional Security Enhancements for Your Most Important Online Accounts

- Use a different password for each bank, credit or investment account. If one account is hacked, having different passwords will limit the damage to just that account.
- If you create multiple passwords, use a "password manager" to store passwords in a well-protected app. By doing so, you will only need to remember one master password to access the entire list.
- Use two-factor authentication services to add an extra layer of security to your digital accounts. Once you log in to an account using your usual password, the two-factor authentication site sends your phone a six-digit code that you must enter before gaining access.

For more information on this or other consumer issues, contact the Howard County Office of Consumer Protection at [consumer@howardcountymd.gov](mailto:consumer@howardcountymd.gov), 410-313-6420 (voice/relay) or [www.howardcountymd.gov/consumer](http://www.howardcountymd.gov/consumer).

## CONSUMER PROTECTION

### QUESTIONS? DISPUTES?

IDENTITY THEFT • LANDLORD/TENANT • FINANCIAL ABUSE • FRAUD  
SCAMS • SECURITY DEPOSITS • PRODUCTS • SERVICES



6751 Columbia Gateway Dr., Columbia 21046

PHONE 410-313-6420 (VOICE/RELAY)

EMAIL [consumer@howardcountymd.gov](mailto:consumer@howardcountymd.gov)

[www.howardcountymd.gov/consumer](http://www.howardcountymd.gov/consumer)



# New! 2018 Resource Guide

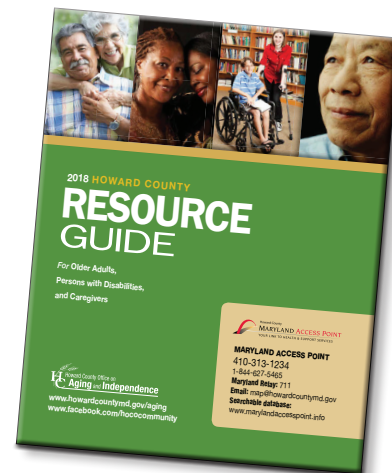
## Howard County Office on Aging and Independence

The latest edition of Howard's County's Resource Guide will make its debut at the 50+EXPO. Attendees can pick up a copy at the Office on Aging and Independence booth on Main Street.

Additional copies are available from the Office on Aging and Independence (OAI); at any of the OAI 50+ Centers; and at all Howard County libraries.

Or, contact Maryland Access Point (MAP) at 410-313-1234 or [map@howardcountymd.gov](mailto:map@howardcountymd.gov) to have one sent to you.

Visit the OAI booth at the 50+EXPO to learn more about the many services and assistance offered by Maryland Access Point.



6751 Columbia Gateway Drive, Columbia 21046  
[www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)

## P4C Pet Evaluations

If you are interested in volunteering, or wish to receive a FREE evaluation for your pet, contact:

**Ingrid Gleysteen**, PROGRAM COORDINATOR  
410-313-7461 • [igleysteen@howardcountymd.gov](mailto:igleysteen@howardcountymd.gov)



**October 5  
7 TO 9 PM**



**Bain 50+ Center  
5470 Ruth Keeton Way  
Columbia 21044**



The 50+ Connection is published monthly by the Howard County Office on Aging and Independence.

This publication is available in alternate formats upon request. To join our subscriber list, email [kahenry@howardcountymd.gov](mailto:kahenry@howardcountymd.gov)

6751 Columbia Gateway Dr., Suite 200, Columbia, MD 21046  
410-313-6410 (VOICE/RELAY) • [www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)

Find us on [www.facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)

**Kim Higdon Henry, Editor**  
[kahenry@howardcountymd.gov](mailto:kahenry@howardcountymd.gov)

Advertising contained in the Beacon is not endorsed by the Office on Aging and Independence or by the publisher.



# Experience Virtual Dementia at the 50+EXPO

If you could walk in the shoes of a person with dementia and have an opportunity to experience the same overwhelming sense of confusion, isolation and frustration they face every day, would you? The Virtual Dementia Tour,® a new program offered by the Office on Aging and Independence (OAI) through its Family Caregiver Support Program, simulates the effects of aging and dementia to provide families, informal caregivers, and the public an opportunity to better understand the disease and how it affects their loved ones. The experience can be life changing for family members and professional caregivers alike, enabling them to better understand the physical and mental challenges faced by those living with dementia, and empowering them to provide better care and support.



The Virtual Dementia Tour® was developed by Second Wind Dreams ([www.secondwind.org](http://www.secondwind.org)), a national nonprofit organization whose mission is to change the perception of aging by offering innovative educational opportunities to caregivers and communities. The organization's flagship sensitivity training, the Virtual Dementia Tour® is a clinically proven evidence-based program which facilitates a greater understanding of dementia using patented sensory tools and instruction. Although it's impossible to know exactly what it feels like to have dementia, this hands-on experience attempts to replicate the mental decline associated with dementia.

OAI staff who completed the Virtual Dementia Tour® reported feeling anxious and frustrated that they could not follow spoken instructions or complete seemingly simple daily activities. The 15-minute tour is followed by a debriefing and educational session so participants can gain a better understanding of how to help and interact with those living with dementia. "My dad has Alzheimer's and though I try to be as patient as I can with him, I often end up frustrated," said Darlene Vaselaros, OAI's Volunteer Coordinator.

"This experience really helped me to change my perspective of what he may be going through. It really is life changing."

Attendees at the 50+ EXPO on Friday, October 20, will be among the first in the community to experience the Virtual Dementia Tour.® When you arrive at the EXPO, be sure to sign-up for a timeslot between 9 a.m. and 3 p.m. to take the tour (limited to the first 30 to sign up). The tour will also be offered at the Ellicott City 50+ Center from 6 to 8 p.m. on Wednesday, November 8 and Tuesday, December 5. Please call Emily Leclercq at 410-313-5917 for more information or to register.

## Preparedness, Information and Education

*Continued from page 17*

### Futures Planning 101

1:00 to 1:50 p.m. • Room #220

Discuss the importance of talking with family members and caregivers about personal health, legal and financial matters, and end-of-life decisions. Learn where to find information and resources for long-term care, including aging in place and supportive services, and housing options; presented by Jill Kamenetz and Emily Leclercq, Resource Specialists, Howard County Office on Aging and Independence.

### AARP Driver Safety Resources

1:00 to 1:50 p.m. • Room #238

Roads and cars are changing, and distractions are at an all-time high. Command the road. Get driving tips and resources to help you stay safe on today's roads, and explore the latest AARP educational programs including the Driver Safety Course, CarFit, and We Need to Talk; presented by Rose Hobson, MD State Coordinator-Driver Safety, AARP.

## OTHER HIGHLIGHTS AND EVENT FEATURES

Flu vaccines are available at no charge at the 50+EXPO; plus, take advantage of free health screenings at the Health Fair throughout the day. Howard County General Hospital and other local health practitioners will screen for blood pressure, breast health, cholesterol, emotional wellness, glaucoma, glucose, hearing, height/weight/BMI, oral health, pulmonary function, pulse oximetry and vitamin D levels. Balance screenings will be offered from 9 a.m. to noon and podiatry screenings from noon to 4 p.m.

The 50+EXPO also offers great entertainment and dining options. Stop in the 50+ Café to grab a morning snack or a quick, healthy lunch, and stay to watch

Jai Ping Mao's Tai Chi with Sword; listen to emcee Ellis Woodward; and watch a Soul Line Dance Extravaganza with Jessie Barnes. New for 2017, take part in the Conversation Café roundtable discussions at 11 a.m. and 1 p.m. to share your thoughts on life in Howard County. And of course, don't miss the politically incorrect antics of the Capitol Steps who return to the stage at the Jim Rouse Theatre for one show at 11 a.m., sponsored by the Horizon Foundation. Capitol Steps tickets are available beginning at 9 a.m., while quantities last (a \$5 donation per ticket is requested).

Admission to EXPO is \$1; all event proceeds benefit the Vivian Reid Community Fund, which provides emergency assistance to older adults in Howard County. Free event parking is available at the Mall in Columbia, lower level, nears Sears (the courtesy shuttle runs all day, and will drop attendees at the front door of the EXPO). Only accessible parking spaces are available at Wilde Lake High School.

A printed schedule of the 50+EXPO with event highlights, seminar descriptions, plus a list of sponsors, vendors and exhibitors will be available in the October 12 edition of the Howard County Times and Columbia Flier, and will also be posted on the OAI website at [www.howardcountymd.gov/50plusexpo](http://www.howardcountymd.gov/50plusexpo). Follow us on Facebook at [#HoCoEXPO17](http://www.Facebook.com/HoCoCommunity) for more information, or email [aging@howardcountymd.gov](mailto:aging@howardcountymd.gov). To request a sign language interpreter or other accommodations to participate, call 410-313-6410 (voice/relay) one week in advance.



# Howard County 50+ Centers

## CALENDAR HIGHLIGHTS

### OCTOBER

sun	mon	tue	wed	thu	fri	sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Go to [www.howardcountymd.gov/50pluscenters](http://www.howardcountymd.gov/50pluscenters) for a complete list of events.

### Bain 50+ Center

Tuesday, October 3 • 9 a.m. to 3:00 p.m.

#### **KASA Annual Vivian Reid Thrift Sale Fundraiser**

Shop for gently used and new clothing, jewelry, household items, toys and crafts. Food is available to purchase. Proceeds benefit the Vivian Reid Fund for Older Adults in Howard County. Information: 410-313-7213.

Tuesday, October 10 • 10:30 to 11:30 a.m.

#### **CPR Training**

Every two minutes in the United States someone dies from sudden cardiac arrest. It can happen to anyone at any time. Learn how you can help to save the life of someone else. FREE; RSVP: 410-313-7213.

Tuesday, October 24 • 11:30 a.m. to 2:30 p.m.

#### **Murder Mystery Lunch: Midnight at the Masquerade**

Don evening wear and Venetian masks and join us for the Billionaires' Club Annual Masquerade Ball. Trade clues with guests and try to solve the crime during an afternoon of mystery, intrigue and murder. Doors open at 11 a.m. \$13. Register by October 17.

Tuesday, October 31 • 10:00 a.m. to noon

#### **Bain's Got Talent!**

Come see what great talent Bain 50+ has, reflected in our programs and classes. Join us for a show filled with music, singing and dancing. Doors opens at 10 am. FREE; refreshments served. RSVP: 410-313-7213.

### East Columbia 50+ Center

Wednesday, October 4 • Noon

#### **Rocking Through the Decades with Johnny Powell**

Take a stroll through the melodies and memories of the 1950's with music industry veteran, Johnny Powell. A 50's luncheon will be served (lunch donation applies.)

Thursdays, October 5, 12, and 19 • 10:30 to 11:30 a.m.

#### **Grief Poetry Writing Workshop**

Turn hurt into words; learn how to write, share and refine your poetic talents to heal the heart of someone who is grieving. \$33. Register: 410-313-7680.

Tuesday, October 10 • 1:00 p.m.

#### **The Healing Power of Forgiveness**

Join us to find a deep level of peace by learning an ancient method for forgiveness (it works!) FREE; register: 410-313-7680.

Wednesday, October 25 • Noon

#### **TED Talk Luncheon: Ageism**

Confront your fears about aging and learn to focus on your abilities and strengths instead as Ashton Applewhite talks about ageism on TED. Bring lunch or reserve one (donation applies). Register: 410-313-7680.

### Elkridge 50+ Center

Temporary Location: 5660 Furnace Avenue, Elkridge 21075

Mondays/Wednesdays in October • 11:00 a.m. to 12:30 p.m.

#### **Drawing and Painting with Pastels**

Learn to draw and paint still life objects in this creative workshop. Join us and create something beautiful! FREE; register: 410-313-5192.

Thursday, October 5 • 10:30 a.m. to noon

#### **Free Balance Assessments**

Learn about age-related balance changes and how you can avoid painful falls resulting in the need for surgery and hospital stays. Be steady on your feet and safe.

Monday, October 23 • 11:00 a.m. to noon

#### **International Day: Ireland**

Explore Ireland without leaving Elkridge! Enjoy authentic Irish food and learn about Irish history. FREE; register: 410-313-5192.

Friday, October 27 • 10:30 a.m. to 1:00 p.m.

#### **All Hallow's Eve Party**

Design and make your own Halloween goodies, then enjoy a fried chicken lunch. Donations accepted for lunch. RSVP: 410-313-5192.

### Ellicott City 50+ Center

Thursday, October 12 • 1:00 p.m.

#### **History Alive with Mary Ann Jung: "Rosie the Riveter"**

Learn about Rosie the Riveter through the eyes of Rose Leigh Monroe, a Willow Run Factory worker and "meet" Charles Lindbergh, Walter Pidgeon, and Franklin and Eleanor Roosevelt. \$5; sign up at the front desk.

Tuesday, October 17 • 12:30 p.m.

#### **Maria Rose & Danny Elswick**

Enjoy country music at its best with Maryland native, Maria Rose and entertainer Danny Elswick. Maria and Danny have shared the stage with many national recording artists. FREE. Information: 410-313-1400.

Thursday, October 19 • 11:00 a.m.

#### **Smithsonian "United We Stand"**

Join Loris Simcik to commemorate the 75th anniversary of the "United We Stand" Campaign, explore the impact of the magazine industry in World War II and view a collection of magazines from the era. Free.

Tuesday, October 24 • 12:30 p.m.

#### **Howard County Conservancy: "Bell" the Screech Owl**

Meet Bell, a grey phase screech owl adopted by the Conservancy in 2015 from Owl Moon Raptor. Though native to Maryland, screech owls are difficult to view in the wild. Don't miss the chance to meet Bell. FREE.



Find us on Facebook at [www.facebook.com/HoCoCommunity](http://www.facebook.com/HoCoCommunity)

Stay connected to the Howard County Department of Community Resources and Services. Like us today!



# Glenwood 50+ Center

Thursday, September 28 • 2:00 p.m.

## Pickleball Basics

Pickleball is all the rage; come learn the ins and outs of the game, including equipment, scoring, hitting and strategy. Designed with the beginner in mind. Register: 410-313-5440.

Wednesdays, Beginning October 4 • 11 a.m.

## Drums Alive

Designed to enhance emotional and cognitive health, this new class incorporates movement and rhythm using stability balls and drumsticks. Demo September 28, 11 a.m. \$50/8 weeks. Register: 410-313-5440.

Wednesday, October 4 • 11:30 a.m.

## Oktoberfest

Join us for a genuine taste of Oktoberfest. Learn about the culture, traditions and history of Oktoberfest and enjoy a traditional lunch. \$10. RSVP to 410-313-5440.

Wednesdays, October 4 and 18 • 1:00 p.m.

## Textures in Clay

Resident potter Charlene Randolph presents a two-part workshop of hand-building with clay. Have an idea? Charlene will help you create it; no experience necessary. \$25. Register: 410-313-5440.

Friday, October 6 • 1:00 p.m.

## The Estrogen Effect

Join Ann Wiker to explore famous female artists throughout history and their contributions to the art world. FREE; register: 410-313-5440.

# North Laurel 50+ Center

Tuesday, October 17 • 11:00 a.m. to noon

## Essential Oils for the Circulatory System

Learn about the health benefits of essential oils and how to safely use ginger, black pepper, eucalyptus, and cypress oils to promote circulation in the body. FREE. Reserve your seat: 410-313-0380.

Wednesday, October 18 • 11:00 a.m. to noon

## Financial Forum

Learn financial management skills in a user-friendly Q&A session. Topics include budgeting, saving, investing, retirement planning, taxes, understanding credit and more. FREE. Register: 410-313-0380.

Thursday, October 19 • 1:00 to 2:30 p.m.

## Fall Afternoon Tea

Explore a variety of teas available to Americans in the 18<sup>th</sup> century, and enjoy guided tastings of Bohea, Gunpowder, Young Hyson, and Pu Er teas. \$5.00/person. Tickets: 410-313-0380.

Tuesday, October 24 • 10:30 a.m. to noon

## Travel Talk: A Mobile Tented Camp Safari in Botswana

Join travel enthusiast Rick who will share his experiences in Botswana through pictures and videos (including charging elephants, hippos in the camp at night and more). Reserve your seat: 410-313-0380.

Tuesday, October 24 1:00 to 3:30 p.m.

## Fused Glass Mosaic Workshop

Learn basic fused glass techniques to create a unique mosaic, incorporating colorful chips of glass into a dark base. \$25 (includes materials). Register: 410-313-0380.

## Howard County 50+ Centers

### BAIN 50+ CENTER

5470 Ruth Keeton Way, Columbia  
410-313-7213 • bain50@howardcountymd.gov

### EAST COLUMBIA 50+ CENTER

6600 Cradlerock Way, Columbia  
410-313-7680 • eastcolumbia50@howardcountymd.gov

### ELKRIDGE 50+ CENTER

TEMPORARY LOCATION: 5660 Furnace Ave., ElkrIDGE  
410-313-5192 • elkrIDGE50@howardcountymd.gov

### ELLICOTT CITY 50+ CENTER

9401 Frederick Road, Ellicott City  
410-313-1400 • ellicottcity50@howardcountymd.gov

### GLENWOOD 50+ CENTER

2400 Route 97, Cooksville  
410-313-5440 • glenwood50@howardcountymd.gov

### LONGWOOD 50+ CENTER

6150 Foreland Garth, Columbia  
410-313-7217

### NORTH LAUREL 50+ CENTER

9411 Whiskey Bottom Road, Laurel  
410-313-0380 • northlaurel50@howardcountymd.gov

[www.howardcountymd.gov/50pluscenters](http://www.howardcountymd.gov/50pluscenters)



## Bereavement Group

A multi-week group to explore the process of mourning, coping strategies, and life beyond grief in a supportive atmosphere. For anyone bereaved more than two months, but less than two years. Pre-registration required by October 6; a nominal fee applies.

**Wednesday, starting October 11 • 10:00 - 11:30 a.m.**

Bain 50+ Center, 5470 Ruth Keeton Way, Columbia 21044

For more information, contact Karen Hull  
410-313-7466 • khull@howardcountymd.gov

## Remembering When

Howard County Fire and Rescue Services presents information on fire safety and fall prevention for adults with low vision. Sponsored by SeniorsTogether Low-Vision Support Group. No charge; pre-registration required by October 10.

**Tuesday, October 17 • 10:15 - 11:45 a.m.**

Bain 50+ Center, 5470 Ruth Keeton Way, Columbia 21044

For more information, contact Elaine Widom  
410-313-7353 • ewidom@howardcountymd.gov

Programs of the  Howard County Office on  
**Aging and Independence**  
[www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)

# Medicare Open Enrollment: Review/Compare Plans

By Barbara Albert, Program Manager, State Health Insurance Assistance Program/SHIP

October 15 through December 7 is **OPEN ENROLLMENT SEASON** for Medicare's 2018 health and prescription drug plans. Don't let this limited window of opportunity pass without reviewing your current plan and checking to see if you should make changes.

## Some Important Things to Consider

**REVIEW YOUR PLAN** — Be sure to carefully review any changes to your current plan for 2018. Even if you are happy with how your plan has been working for you, it is important to know how proposed changes will affect you (such as dropping medications, increasing your share of the costs or network changes). Be sure to read all 2018 plan materials that are mailed to you – if you don't, you could be in for some unpleasant surprises and you may have to stay with that plan for the entire year. If your plan is terminating, you could be left without coverage if you don't pay attention to these notices and act now.

**COMPARE PLANS** — Even if your current plan looks good for next year it is possible that a different plan may offer the same coverage at a lower cost and/or fewer restrictions. It can't hurt to look at the competition. It's up to you to decide if you want to make a change or not, but at least you will be informed about your choices.

Howard County's Senior Health Insurance Program (SHIP) provides free, confidential and unbiased assistance with Medicare. A SHIP counselor will meet with you one-on-one to review and compare plans, or show you how to do your own review on [www.medicare.gov](http://www.medicare.gov). Call 410-313-7392 (voice/relay) to make an appointment.

Call the State Health Insurance Assistance  
Program (SHIP) to assist you with  
Medicare questions and concerns!

**410-313-7392**

Quality of Life Services for Older Adults,  
their Families, Caregivers, and  
Adults with Disabilities

 Howard County  
**MARYLAND ACCESS POINT**  
YOUR LINK TO HEALTH & SUPPORT SERVICES

**AS EASY AS  
1-2-3-4!**

**410-313-1234**

Contact us for information, assistance and referral on:

- Caregiver Support
- Long Term Supports Planning
- Guardianship/Ombudsman
- Aging in Place Resources
- Medicare Counseling
- 50+ Centers
- Social Day Programs
- Volunteer Opportunities
- Wellness Programs and more!

 Howard County Office on  
**Aging and Independence**

410.313.1234 VOICE/RELAY • 844.627.5465 TOLL FREE  
[map@howardcountymd.gov](mailto:map@howardcountymd.gov)

[www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)

## Medicare OPEN ENROLLMENT

October 15 through December 7, 2017

**By appointment only.  
Call 410-313-7392.**

In addition to our regular schedule,  
take advantage of additional  
appointment availability:

### East Columbia 50+ Center

6600 Cradlerock Way, Columbia 21045

Tuesday, October 24 • 9:00 a.m. – noon

### Ellicott City 50+ Center

9401 Frederick Road, Ellicott City 21042

Friday, October 27 • 10:00 a.m. – 4:00 p.m.

### Glenwood 50+ Center

2400 Route 97, Cooksville 21723

Tuesday, October 17 • 9:00 a.m. – noon

### North Laurel 50+ Center

9411 Whiskey Bottom Road, Laurel 20723

Wednesday, October 25 • 1:00 – 4:00 p.m.



**KNOW YOUR OPTIONS.  
Contact us for help.**

410-313-7392 (VOICE/RELAY) • [www.howardcountymd.gov/SHIP](http://www.howardcountymd.gov/SHIP)



# Bike With A Cop

**Tuesday, October 3 • 10:00 a.m.**

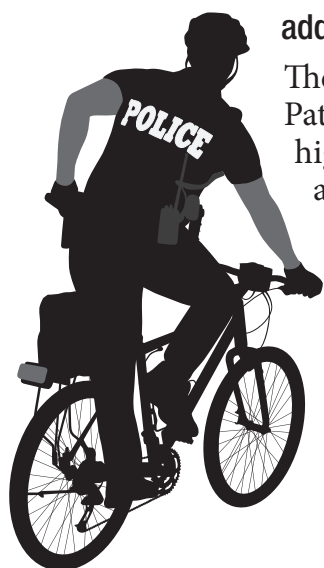
Join the casual or moderate/advanced Cycle2Health rides, accompanied by the Howard County Police Pathway Patrol Unit, departing from the East Columbia 50+ Center at 10 a.m., weather permitting. Riders must provide their own bicycle, helmet, water, spare tube, tire pump, and tools to change a flat. Plan to arrive at least 15 minutes early.

Registration is required to participate. To register, contact Jeannie DeCray at [jdecray@howardcountymd.gov](mailto:jdecray@howardcountymd.gov) or 410-313-6535.

Visit [www.howardcountymd.gov/C2H](http://www.howardcountymd.gov/C2H) for additional information.

The Howard County Police Department's Pathway Patrol officers provide year-round, highly-visible police presence on pathways and in residential areas. The team works to deter crime, address quality-of-life issues and allows officers to interact more directly with community members.

Cycle2Health is a volunteer-led bicycling club for adults of all ages and riding abilities. Weekly rides depart from various locations during daytime hours.



## Shop Art With a Purpose for Unique Holiday Gifts



Stop by the Art With a Purpose booth on the second floor of the 50+EXPO to shop for handcrafted holiday gifts for everyone on your list! Created by participants in the Connections Social Day Program, a wide variety of unique items are available for purchase, including jewelry, hand-colored prints, clocks, ceramic vases, pins and dishes. Pictured above, Connections at North Laurel participants show off some of their recent creations. For more information about the Connections Social Day Program, call 410-313-6537.

The Howard County  
Office on Aging and Independence  
invites you to a

## THANKSGIVING CELEBRATION!

THE *Giving Thanks*  
LUNCHEON and DANCE

**Music by Sly 45**

A Baltimore-based band rocking the blues, jazz and classic pop scene!

**Wednesday, November 15, 2017**

**Ten Oaks Ballroom**

5000 Signal Bell Lane, Clarksville 21029

Doors Open 10:30 a.m. • Program Begins 11 a.m. • Lunch 12 noon

Tickets on Sale at all Howard County 50+ Centers \$14/person

PLEASE BRING NON-PERISHABLE FOOD ITEMS  
FOR THE HOWARD COUNTY FOOD BANK

FOR MORE INFORMATION, CALL

**410-313-5440** (VOICE/RELAY)

Howard County Office on  
**Aging and Independence**  
[www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)



## Handmade with LOVE

A Local Initiative of **Operation Gratitude**  
in Appreciation to All Who Serve

### DO YOU LIKE TO KNIT OR CROCHET?

**Operation Gratitude** collects homemade scarves for military members. Please drop off your homemade scarves (in individual sealable plastic bags) no later than November 15.

**Please pin a note to each scarf with the yarn fiber contents listed and feel free to include a personal note for a military member.**

Our soldiers are always deeply touched by the care and effort when they receive gifts, but especially handmade items sent from supportive fellow Americans at "home."

- ▶ Scarves should be 5-6" wide x 36" long. **Please, NO fringe!**
- ▶ Scarves can be made from wool or acrylic yarn or non-flammable fleece.

**Drop off at any Howard County  
50+ Center or the  
Howard County Office of  
Veterans and Military Families**



Howard County Office of  
**Veterans and  
Military Families**

For more information, contact Lisa B. Terry

★ PHONE 410-313-0821 (VOICE/RELAY)

★ EMAIL [lbterry@howardcountymd.gov](mailto:lbterry@howardcountymd.gov)

6751 Columbia Gateway Drive, Suite 300, Columbia, MD 21046  
[www.howardcountymd.gov/veterans](http://www.howardcountymd.gov/veterans) • [www.facebook.com/HoCoMilitary](https://www.facebook.com/HoCoMilitary)

**DON'T MISS THE 2017 HOWARD COUNTY 50+EXPO!**



**Friday, October 20 • 9 am to 4 pm**

**Wilde Lake High School**

5460 Trumpeter Road, Columbia, MD 21044



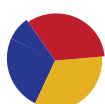
**\$1 ADMISSION / \$5 CAPITOL STEPS\***  
ONE SHOW: 11:00 am

All admission and show proceeds benefit the  
Vivian Reid Community Fund for Older Adults  
\* suggested donation

Only  Accessible Parking On-Site  
at WLHS, all others must **USE FREE**  
**SHUTTLE** from The Mall in Columbia

410-313-6410 (VOICE/RELAY)  
[www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)

 #HoCoEXP017  
[facebook.com/HoCoCommunity](https://facebook.com/HoCoCommunity)

 **Preparedness**  
 **Information**  
 **Education**

#### HIGHLIGHTS

- 1:00 pm – Documentary Screening  
**“James Beard: America’s First Foodie”**
- 2:30 pm – Speak(easy) Howard —  
**Have You Had the Conversation?**
- 160+ Exhibitors
- **NEW!** Virtual Dementia Tours
- Flu Shots and Health Screenings

#### PLATINUM SPONSORS



#### GOLD SPONSORS

Howard County Health Department • LifeBridge Health • Sheppard Pratt Health System • The Creig Northrop Team of Long & Foster Real Estate  
The Evergreens at Columbia Town Center • The Howard Hughes Corporation • The Mall in Columbia • University of Maryland Faculty Physicians

#### SILVER SPONSORS

Five Star Senior Living • Padder Health Services  
Park View Senior Living • Physical Therapy at Crossroads

#### MEDIA SPONSORS

Baltimore Sun Media Group • Guide to Retirement Living SourceBook • Her Mind Magazine  
Regional Transportation Agency (RTA) • The Beacon • The Business Monthly

**Be a FRIEND of the 50+EXPO!**

**Sign Up TODAY to Receive Your**  
**FRIEND OF THE EXPO Gift Package!**

- One **RESERVED** seat for “The Capitol Steps” (11 AM)
- One **ADMISSION** ticket to the 50+EXPO!
- One **EXCLUSIVE** “Friends” raffle ticket for a grand prize basket of goodies!
- A “Friends” **RECOGNITION** badge to wear at EXPO!
- Only \$20/person

A portion of the proceeds from **Friends of the EXPO** will benefit the Vivian Reid Community Fund.

**Thank you for your support!**

Become a **Friend of the EXPO** today!

Contact **Jeanne Davis** at 410-313-6410  
or [jwhitedavis@howardcountymd.gov](mailto:jwhitedavis@howardcountymd.gov)